

"IF YOU EAT  
ANYTHING  
TODAY..."

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SUMMERTIME SAVORIES

"LET IT BE THIS..."



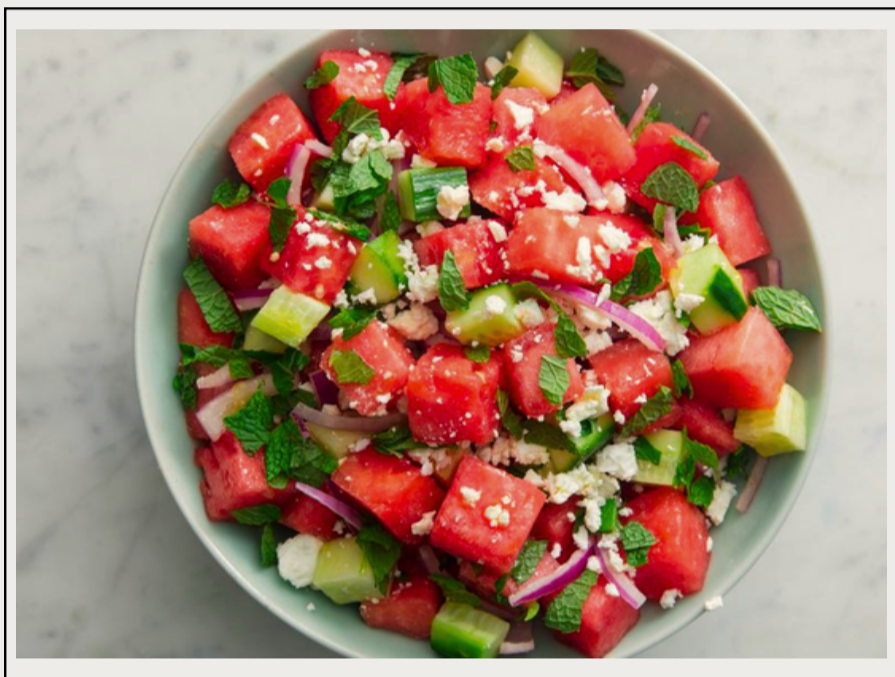
Get ready to embark on a sizzling culinary adventure with our Summer Recipe Challenge! We're all about embracing the flavors of the season and nourishing our bodies with delicious and healthy summer recipes. But here's the best part - we're ditching the restrictions and focusing on what truly matters: feeling amazing in our own skin. Because guess what? Every body is a summer body, and we're here to celebrate it in all its glorious forms. So join us as we dive into a world of mouthwatering dishes, vibrant flavors, and the joy of embracing our unique selves. Get ready to indulge in the magic of summer and let your taste buds dance to the rhythm of deliciousness. Let's make this summer one to remember!

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

## *Watermelon & feta salad*



Get your taste buds ready for a watermelon salad with a minty twist! This juicy delight not only keeps you hydrated, but it's also packed with fiber to keep your digestion on point. Plus, it's a vitamin C and A powerhouse, giving your immune system an extra boost.

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## INGREDIENTS

- 500 grams watermelon
- ½ cucumber
- 1 small red onion
- 10 mint leaves
- 10 basil leaves
- 100 grams of feta cheese
- 1 tablespoon white balsamic vinegar
- 3 tablespoons extra virgin olive oil

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## METHOD

1. Cut the watermelon into cubes and put them in a large bowl
2. Wash the cucumber and also cut into cubes. Add to the same bowl
3. Cut the red onion into thin half rings and add to the bowl with the other ingredients
4. Roughly chop the mint and basil and add them to the rest of the salad
5. Mix the vinegar with the olive oil and add the dressing to the salad
6. Mix everything together and crumble the feta over it
7. Season to taste with pepper and a little salt

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

## *Breakfast bowl*



A yogurt bowl with strawberries, seeds, nuts, and dark chocolate shavings provides a nutrient-dense and tasty breakfast. The strawberries are a great source of vitamin C and antioxidants, while the seeds and nuts offer healthy fats, fiber, and protein. The dark chocolate adds a touch of sweetness and contains flavonoids that may benefit heart health. Overall, it's a delicious and nutritious way to start the day!

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## INGREDIENTS

- Yoghurt
- Strawberries
- Nuts
- Seeds
- Dark chocolate chips

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## METHOD

- Add your yoghurt to a bowl
- Cut your strawberries and add to the bowl
- Top off with the nuts, seeds and the dark chocolate chips

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

## *Vegetable skewers with herb dip*



Vegetable skewers on the barbecue are not only delicious, but also nutritious! This colorful combination of grilled vegetables is packed with essential nutrients. For some extra protein, you can easily incorporate grilled chicken alongside the vibrant veggies.

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## INGREDIENTS

- 0.5 zucchini
- 0.5 red bell pepper
- 0.5 yellow bell pepper
- 1 red onion
- 6 mushrooms
- 2 tablespoons of oil
- pepper and salt
- 1 garlic clove
- 0.5 tablespoon of dried thyme

### **Dip sauce**

- 125 ml sour cream
- 1 tsp light mayonnaise
- 5 gr parsley
- 1 tablespoon chives
- 1 tablespoon lemon juice
- black pepper

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## METHOD

1. Cut the vegetables and chop the garlic finely.
2. In a small bowl, mix the oil with thyme, garlic, pepper and salt.
3. Take the skewers and thread onto each skewer your vegetables.
4. Brush the skewers with the herb oil.
5. For the herb dip, chop the parsley and then combine all the ingredients of the herb dip. Mix well.
6. Fry the vegetable skewers until tender in about 7-10 minutes on the BBQ.

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

## Sparkling Ginger Passionfruit Mocktail



"Sip on the Zesty Refreshment: Ginger Ale Passionfruit Mocktail! Packed with digestion-boosting ginger ale, immune-boosting passionfruit, and a zesty dose of vitamin C from lime, this guilt-free concoction keeps you cool and hydrated. Garnished with fresh mint, it's a vibrant and refreshing sip to nourish your body and awaken your senses!"

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### INGREDIENTS

- 400 ml ginger ale
- 3 passionfruits
- 1 lime
- 1/2 tsp cane sugar
- Ice cubes
- Mint to top off

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### METHOD

1. Put 1/4 tsp cane sugar in both glasses and squeeze half a lime into both glasses. Stir well so that the cane sugar dissolves.
2. Fill the long drink glasses with ice. Spoon 1 passion fruit over both glasses.
3. Divide the ginger beer between the glasses. Garnish with a sprig of mint and half a passion fruit.

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

Mango-shrimp taco's with yoghurt-cilantro sauce



These shrimp-filled tacos with mango salsa, avocado, and yogurt-cilantro sauce are a nutrient-packed delight! With lean protein, heart-healthy fats, and a burst of vitamins and antioxidants, these tacos are a delicious and wholesome choice. Treat yourself to this flavor-packed meal and nourish your body with every bite!

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## INGREDIENTS

- 125 g shrimps
- Chiliflakes, salt & pepper
- 1/4 avocado
- 1/4 mango
- 2 taco shells
- 1/4 red onion

### Dip sauce

- Some cilantro
- 1 tbsp yoghurt
- Garlic powder
- Salt & pepper

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## METHOD

1. Fry the shrimps in some olive oil and season with chiliflakes, salt & pepper.
2. Meanwhile, cut the avocado, mango and red onion in small cubes, add them to a bowl and drizzle with some lime juice
3. For the dip sauce, put all the ingredients in to a bowl and mix well.
4. Fill up the taco shells with the shrimps, the mango, avocado and red onion and top off with the sauce.

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

## *Tropical smoothie bowl*



Enjoy the tropical goodness of a mango and banana smoothie bowl, topped with a mix of nuts and seeds. This refreshing bowl is loaded with vitamins, antioxidants, and healthy fats, making it a nutritious and delicious choice. Treat yourself to a taste of paradise and fuel your day with this vibrant and satisfying smoothie bowl.

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## INGREDIENTS

- 1 frozen banana
- 100 grams of frozen mango
- 5 tbsp. soy yogurt or another type of yogurt of your choice
- Pinch of sea salt
- 1 tbsp of honey
- 50 ml water
- Topping: pumpkin seeds, nuts, fruits of your choice

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## METHOD

1. Mix all the ingredients together in a blender.
2. Pour into a bowl and top off with your favorite toppings



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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:  
*Greek orzo bowl*



Enjoy a Greek orzo bowl filled with juicy tomatoes, creamy feta, grilled chicken, refreshing cucumber, and briny olives. Packed with protein, fiber, vitamins, and minerals, this bowl is a delicious and nutritious choice. Savor the flavors of the Mediterranean and treat yourself to a taste of Greece in every bite!

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## INGREDIENTS

- 70 g orzo
- 100 g cherry tomatoes
- 1/4 cucumber
- 1/4 red onion
- Some olives of your choice
- 70 g feta cheese
- Chicken breast
- A drizzle of extra virgin olive oil
- Salt & pepper

### **Tzatziki**

- 2 tbsp of greek yoghurt
- 1/4 cucumber
- Some minced garlic
- Pepper & salt

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## METHOD

1. Cook the orzo according to the directions of the package.
2. Fry the chicken and season with some salt and pepper.
3. Meanwhile halve the cherry tomatoes, chop the cucumber in small cubes, cut the onion into halve rings.
4. Drain the orzo when ready and add to a big bowl. Drizzle with some olive oil and at your vegetables. Top off with olives, some crumbled feta, the chicken and some tzatziki.

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

*Strawberry cottage cheese ice cream*



"Indulge in the Creamy Delight of Strawberry Cottage Cheese Ice Cream! Treat yourself to the luscious blend of smooth cottage cheese and ripe strawberries. This delectable frozen dessert is a guiltless pleasure that will leave you feeling satisfied and nourished all summer long!"

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## INGREDIENTS

- 500 g cottage cheese
- Handful of strawberries
- 2 tbsp honey

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## METHOD

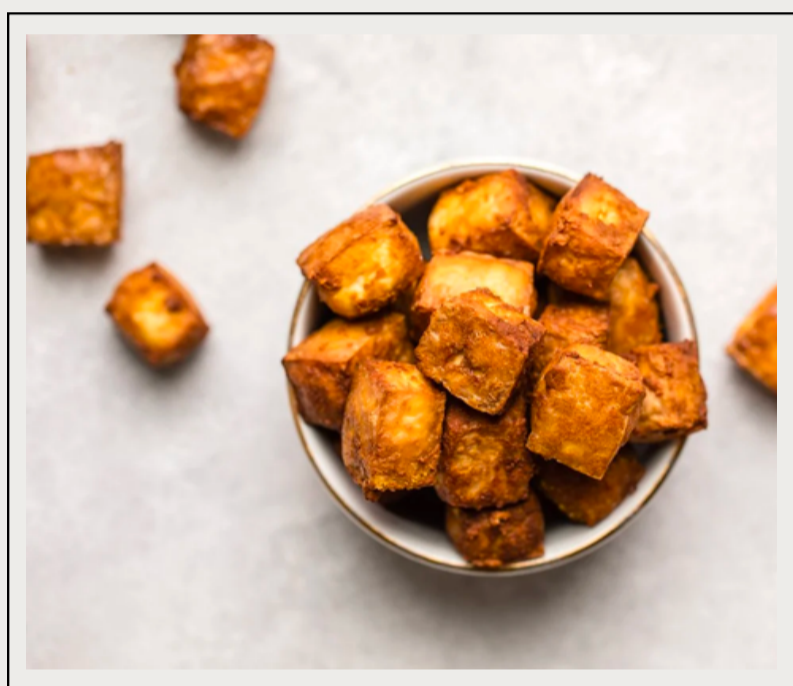
1. Add the cottage cheese to a blender or food processor with honey and strawberries. You can use fresh or frozen strawberries.
2. Blend until the cottage cheese is smooth and creamy, then add extra strawberry chunks (optional) and crumble in graham crackers. Gently fold them in until well combined. For something a little extra special, you can make a strawberry sauce to swirl into it, too.
3. Transfer your cottage cheese ice cream with strawberries to a freezer container and freeze for a few hours.
4. When ready to enjoy your frozen treat, remove from the freezer and enjoy!

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

*Crispy tofu bites*



Crispy tofu bites are a fantastic plant-based option that can be enjoyed in various ways. They provide a good source of protein, iron, and calcium, making them a nutritious addition to your meals. Whether you add them to a flavorful bowl or serve them as a delightful side dish, these crispy tofu bites offer a crunchy texture and a burst of deliciousness.

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## INGREDIENTS

- 200g block firm tofu
- 1,5 tbsp cornstarch
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp vegetable oil

### Dip Sauce option

- Sweet chili sauce

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## METHOD

1. Press tofu for 30 minutes to remove excess moisture.
2. Preheat oven to 425°F or air fryer to 400°F.
3. Cut tofu into bite-sized cubes.
4. Toss tofu cubes in olive oil and seasonings.
5. Bake in the oven at 425°F for 30 minutes, flipping halfway through. Or air fry at 400°F for 15-18 minutes until golden brown.
6. Serve in a salad, bowl, or with roasted veggies. Enjoy!

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

*Fresh salmon tartare*



This recipe combines the nutritional benefits of fresh salmon, cucumber, avocado, and lemon. Salmon provides omega-3 fatty acids, while cucumber adds hydration. Avocado offers healthy fats and fiber, and lemon adds a zesty touch. It's a delicious and nutritious dish to enjoy!

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## INGREDIENTS

- 150g fresh salmon
- 1/4 cucumber
- 1/2 avocado
- 1/4 lemon
- 1/2 tbsp olive oil
- 1 tsp fresh dill
- 1/2 pinch of salt and pepper
- 1/2 handful of arugula

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## METHOD

1. Cube the salmon, cucumber, and avocado.
2. Set aside some cucumber cubes and combine the rest with the salmon and avocado in a bowl.
3. Mix in lemon juice and zest.
4. Finely chop dill and mix with olive oil, salt, and pepper.
5. Reserve a portion of the dressing and mix the rest with the salmon mixture.
6. Use a cooking ring to shape 1/4 of the mixture into a tartare. Repeat three more times.
7. Garnish with arugula and drizzle remaining dressing.
8. Top with cucumber cubes.
9. Refrigerate for up to 2 hours before serving.

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

## *Strawberry cheesecake bites*



Indulge in this recipe with fresh strawberries, creamy yogurt, soaked cashew nuts, fiber-rich oat flour, and a hint of sweetness from agave syrup. It's a nutritious and delicious treat packed with antioxidants, probiotics, healthy fats, and fiber. Take a bite and experience the perfect balance of flavors and nourishment. Enjoy the goodness in every spoonful!

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## INGREDIENTS

- 400 g strawberries
- 200 g (greek) yoghurt
- 20 g cashew nuts (soaked)
- 80 g oat flour
- 2 tbsp agave syrup

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## METHOD

1. Wash the strawberries.
2. Cut the top off and empty the inside so you can fill them up.
3. To make the crumble, blend the agave syrup, oat flour and soaked cashew nuts. If it doesn't turn into a crumble, add more oat flour and blend again until it does.
4. Fill up the strawberries with the yoghurt and add the crumble on top.

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:

## *Cucumber sushi boats*



Savor the deliciousness of Cucumber Sushi Boats! With sushi rice, fresh salmon, creamy avocado, and a drizzle of soy sauce, sriracha, and light mayonnaise, these boats are a flavor-packed delight. Garnished with spring onion and sesame seeds for extra crunch, they're the perfect bite-sized treat. Enjoy the taste of sushi in a refreshing and wholesome way!

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## INGREDIENTS

- 1 cucumber
- 375 g Sushi rice
- 100 g salmon
- 1/4 avocado
- Soy sauce
- Sriracha
- light mayonaise
- Spring onion & sesam seeds to garnish

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## METHOD

1. Cut the cucumber horizontally through the middle and then vertically through the middle.
2. Remove the inside from the cucumber with a spoon to create a boat.
3. Cook the rice according to the package directions.
4. Cube the salmon and put into a bowl. Drizzle with some soy sauce, sriracha and light mayo until every cube is covered.
5. Cut the avocado in thin slices.
6. Start building your boats by filling up the cucumber with the rice. Top with the slices of avocado and then the diced salmon.
7. Garnish with some extra sriracha mayonaise (sriracha mixed with the light mayonaise), spring onions and sesam seeds.

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# IF YOU EAT ANYTHING TODAY...

LET IT BE THIS:  
*Summer pizzettes*



This Grilled Pita Bread with Green Asparagus and Ricotta is a nutritious delight. Packed with fiber, vitamins, antioxidants, and protein, it offers a delicious and satisfying combination of flavors while nourishing your body. Enjoy this wholesome and tasty dish!

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## INGREDIENTS

- Pita bread
- 50 g green asparagus tips
- Some cherry tomatoes
- 1/4 zucchini
- Some garlic
- 50g ricotta
- olive oil
- Italian herbs, pepper and salt

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## METHOD

1. Preheat the oven to 180 °C.
2. Remove the ends of the asparagus tips.
3. Peel long strips of the zucchini with a peeler.
4. Cut the tomatoes in half.
5. Put the ricotta in a bowl and season with pressed garlic, Italian herbs, pepper and salt
6. Cut open the pita breads so you have 2 slices, these are the pizza bases.
7. Spread the ricotta mixture on the pita bread slices. Top off with the vegetables, a drizzle of olive oil and some extra salt, pepper and italian herbs.
8. Bake for 10-15 minutes.

As we dive into this Summer Challenge, let's keep one thing in mind: it's all about embracing the season and feeling incredible in our own skin. We're here to remind you that the most important ingredient in any recipe is your happiness and well-being. So, let's savor the flavors, nourish our bodies, and most importantly, enjoy every moment of this summer. Because when you feel good, you radiate a special kind of beauty that can't be defined by any scale or measurement. Cheers to a summer filled with joy, self-love, and delicious recipes!

The Balance Club By LK

\*Disclaimer: we love these delicious recipes and we hope you like these options. It's important to note that we are not professional nutritionists. The meal plan and recipes provided are for entertainment purposes only and should not be taken as professional advice. If you have any dietary concerns or health issues, it's always best to work with a registered dietitian or healthcare provider to create a meal plan that's tailored to your individual needs.